



Continued productivity through volunteering

by Viki **BOWMAN**

Davis County RSVP

It finally arrived. That time in life you've worked so long to reach – Retirement. Total freedom is now yours, but what are you going to do with it? Well, there is that Honey-Do list that's grown through the years. Oh, and those trips you've planned and visits to make. But after a while, you may begin to sense something is missing.

Volunteering can prove a fulfilling way to reestablish a sense of identity, as well as purpose, in your life. According to research compiled by the Corporation for National and Community Service, volunteering plays a greater role in your overall health than marriage, income, or education level by improving longevity and quality of life. Yes, volunteers benefit the community and those served but it also benefits the volunteer.

Studies confirm that volunteering decreases your chances of heart disease, reduces chronic pain, enhances emotional wellbeing, aids in social

connectedness, and promotes personal satisfaction.

"Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time. Giving in even simple ways can help others in need and improve your health and happiness," states www.HelpGuide.org.

Not sure what you want to do as a volunteer? No worries, there are options out there. Try signing up with a Senior Corps organization in Davis County. They match volunteers aged 55+ with meaningful opportunities. Call 801-525-5094 or visit www.daviscountyutah.gov/rsvp to get started.



VIKI BOWMAN, DAVIS COUNTY RSVP

RSVP VOLUNTEERS JEANNE NELSON (left to right), Thisbe Olesko, and Christine Ence put finishing touches on gift bags to be delivered by Operation Bundles 4 Babies to 419th Fighter Wing Reservists welcoming new babies into the wing's family. The Reservists are stationed out of Hill Air Force Base.

Caregiver educational classes offered during August

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations. On Tuesdays, the classes are held at North Davis Senior Activity Center

(42 S. State Street, Clearfield), 2-3 p.m. On Thursdays, the classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), 2-3 p.m. No RSVP is needed. If you have any questions, contact Megan Forbush at 801-525-5088.

Class topics:

- Aug. 7 & 9: Medicare 101 – Jackie Smith, Davis County Senior Services
- Aug. 21 & 23: Heart Health – Tawnya Zeilder, Lakeview Cardiac Rehabilitation

Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire,

please join us for one of the following classes:

- Wednesday, Aug. 8, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)
- Wednesday, Sept. 12, 6:30-7:30 p.m. –

Centerville Library (45 S. 400 W., Centerville)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyutah.gov.



Davis
COUNTY

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All issues of Senior Living are available at www.daviscountyutah.gov/senior_living

Events in August

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- 1 - Blood pressure clinic 10:30 a.m.
- 7 - "Headaches Decoded" discussion 11:15 a.m.
- 16 - Davis County Fair Senior Day trip (sign-up required) 11:30 a.m.
- 30 - Food pantry Noon
- 31 - Birthday party 11:30 a.m.

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- 9 & 23 - Caregiver Class 2 p.m.
- 9 - Blood pressure clinic 11 a.m.
- 14 - Legal consultation (by appointment) 10 a.m.
- 16 - Davis County Fair Senior Day trip (sign-up required)
- 28 - Book club 12:30 p.m.
- 31 - Birthday party 11:30 a.m.
- MWF - EnhanceFitness 8 a.m.

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- 1, 15, & 29 - Food bank
- 14 - Birthday party 11:15 a.m.
- 16 - Davis County Fair Senior Day trip (sign-up required)
- 20 - Presentation by Chancellor Gardens & Symbii 11:30 a.m.
- 21 - AARP Smart Driver Course (sign-up required) 10 a.m.
- 22 - "Aging Happy" presentation 11:30 a.m.

See more at daviscountyutah.gov/health/senior-services